

32 Mondays Weight Loss Management Pilot Course

- **GI > 70 High**
- **69 > GI > 56 Medium**
- **GI < 55 Low**
- **GL > 20 High**
- **19 > GL > 11 Medium**
- **GL < 10 Low**

High-carbohydrate foods	GI	GL
White wheat bread*	75±2	10
Whole wheat/whole meal bread	74±2	7-10
Speciality grain bread	53±2	4-5
Unleavened wheat bread*	70±5	
Chapatti	52±4	
Corn tortilla	46±4	
White rice, boiled*	73±4	24-36
Brown rice, boiled	68±4	21-24
Barley	28±2	8-10
Sweet corn	52±5	
Spaghetti, white	49±2	20-23
Spaghetti, whole meal	48±5	17-19
Rice noodles†	53±7	
Quinoa	55±7	13
Couscous†	65±4	9
Breakfast Cereals		
Cornflakes	81±6	
Wheat flake biscuits	69±2	
Porridge, rolled oats	55±2	
Instant oat porridge	79±3	
Rice porridge/congee	78±9	
Millet porridge	67±5	
Muesli	57±2	
Fruit and fruit products		
Apple, raw†	36±2	6
Orange, raw†	43±3	3-4
Banana, raw†	51±3	11-16
Pineapple, raw	59±8	6
Mango, raw†	51±5	
Watermelon, raw	76±4	4
Dates, raw	42±4	

Remember, if you don't do the work you won't see the results, so put in the time.
 And if you get stuck, email me at arantxamateo@32mondays.com or aranzazumateofaci@gmail.com –
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Peaches, canned†	43±5	
Strawberry	40±3	1
Apple juice	41±2	
Orange juice	50±2	12
Vegetables		
Potato, boiled	78±4	25
Potato, instant mashed	87±3	
Potato, french fries	63±5	
Carrots, boiled	39±4	
Sweet potato, boiled	63±6	11
Pumpkin, boiled	64±7	6
Tomato Juice	25±6	2
Taro, boiled	53±2	
Vegetable soup	48±5	
Dairy products and alternatives		
Milk, full fat	39±3	
Milk, skim	37±4	
Ice cream	51±3	
Yogurt, fruit	41±2	
Soy milk	34±4	
Rice milk	86±7	
Legumes		
Chickpeas	28±9	5-10
Kidney beans	24±4	5-10
Lentils	32±5	5-10
Soya beans	16±1	1
Snack products		
Milk Chocolate	40±3	7-13
Popcorn	65±5	9
Potato crisps	56±3	10-12
Dark Chocolate	23±3	6
Nuts	20±5	
Sugars		
Fructose	15±4	1-2
Sucrose	65±4	7
Glucose	103±3	10
Honey	61±3	12

Data are means. *Low-GI varieties were also identified. †Average of all available data.

Source: Mendosa.com

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